TGIGT
AD | AG | RG | GYM DANCE
STRIVE TO THE PEAK

TOTAL GYMNASTIQUE
SDN. BHD.

9th Total Gym

International Gymnastics Tournament

A PGWPKL Pesta Gim Event

Sekolah Kebangsaan Batu 9, Jalan Bomba, Tanjung Karang
12th-15th September 2025

Malaysia Philippines Sri Lanka

Main Sponsor

Sanctioned by

Venue by

Brand Visuals by

HERETIX360
Design • Experience

Sponsors

MAMEE

EARTERRA

Primary School

- International School (Cambridge Programme)
- Excellent Checkpoint results
- Mandarin from Yr1
- Bahasa Melayu to national standards

Secondary School

- International School (ICGSE)
- Outstanding IGCSE results
- Mandarin at all levels
- Compulsory SPM Bahasa Melayu for all Malaysian Students

01 Fully air-conditioned classrooms and labs

02 Full day single session

03 Well-equipped language lab

04 5.5 acre landscaped campus

05 Established and active member of ISSE & NJHS cultural exchange programmes

06 24 hour security

07 Strong emphasis on English

08 Comprehensive sports programme

09 Trained and motivated teachers

10 Spacious car park and bus bay

1, Jln. SS15/7A, 47500 Subang Jaya, Selangor Darul Ehsan
03 56343491 www.srikl.edu.my

asian values, international excellence
SRI KUALA LUMPUR
Quality education since 1979

Table of Content

01 **Message From Our** 4

Main Sponsor (Sri KL CEO)
Organising Chairman
Artistic Gymnastics Director

02 **Organising Committee** 7

03 **Honourable Judges** 8

04 **Venue Layout** 9

SK Batu 9, Jalan Bomba, Tanjung Karang

05 **Event Format** 10

06 **General Itinerary** 13

07 **Competition & Training Schedule** 17

08 **9th TGIGT Gala Night Dinner Programme** 28

09 **Participant & Group List** 29

10 **Gallery** 36

11 **Acknowledgements** 45

Message From Our

Main Sponsor (Sri KL CEO)

Dear Friends,

It is with great pride and pleasure that Sri KL School stands once again as the main sponsor of the 9th Total Gym International Gymnastics Tournament 2025. This biennial event here in Malaysia has truly become an inspiring platform where young athletes showcase not only their skills, but also their discipline, determination, and sportsmanship.

At Sri KL, we believe in nurturing well-rounded individuals through opportunities that go beyond the classroom. Supporting this tournament aligns with our commitment to encouraging our youth to strive for excellence, embrace healthy competition, and foster international camaraderie.

At the same time, we are delighted that this year's tournament can be hosted at Sekolah Kebangsaan Batu 9, Tg Karang, a venue well-suited for the occasion with its complete set of competition-standard equipment. This ensures that every participant can perform on a stage worthy of their dedication and hard work.

With over 450 gymnasts, including 200 international athletes from the Philippines and Sri Lanka, the tournament promises to be a vibrant celebration of talent, culture, and friendship. The diversity of events—Artistic Gymnastics, Rhythmic Gymnastics, Aerobic Dance, and Gym Dance—reflects the wide spectrum of creativity and athleticism that gymnastics embodies. Long may this continue.

Heartiest congratulations to the organizers, headed by the ever-green Coach Mike who has again been so ably supported by his hard-working team. Syabas, syabas on a job well done.

Finally, to you the participants, I wish you every success and many memorable experiences, and of course, the making of many firm and lasting friendships in your pursuit of gymnastic excellence!

Hanif Othman Merican

Message From Our

Organising Chairman & Advisor

Humble greetings from us here at Total Gym and a warm welcome to our 9th Total Gym International Gymnastics Tournament 2025 in our charming little towns of Tanjung Karang and Sekinchan in Selangor. About two hours drive from our capital city of Kuala Lumpur.

This year's event is extra special, as we bring the spirit of gymnastics into our small but vibrant rural community. By hosting this tournament here, we hope not only to share our warm hospitality with friends from around the world, but also to inspire our local children, giving them the rare chance to witness competitive gymnastics right before their eyes in their very own home town.

As our name 'Total' depict, we endeavour to encompass all disciplines of Gymnastics in our Club and this year, with our introduction of Aerobic Dance, which is a sub division of FIG Aerobic Gymnastics, it gives more opportunity to gymnasts from the various gymnastic disciplines to compete in.

May this meet be a celebration of skill, friendship, and cultural exchange, and may every athlete take home not only medals, but wonderful memories of Tanjung Karang and Sekinchan. Taking this opportunity too to thank our ever staunch and dependable sponsor Sri KL International School for being our Main Sponsor for the 9th time. Their unfailing support and patronage is absolutely astounding and we deeply appreciate their sincerity in helping promote the sport of Gymnastics.

Not to forget the amazing never ending support from parents and coaches for preparing their children to compete in this meet.
To all sponsors, organising committee members and friends who volunteered and took time off to make this Meet possible, my heartfelt salutations to all of you.

Thank you, and let the competition begin!

Mike Ng Sik Hoi

Message From Our

Artistic Gymnastics Director

Dear distinguished guests, respected judges, dedicated coaches, and our talented gymnasts, on behalf of Total Gymnastique Sdn. Bhd., it is my great honor and privilege to warmly welcome all of you to the 9th Total Gym International Gymnastics Tournament 2025.

This tournament is not only a platform for competition, but also a celebration of the beauty, discipline, and spirit of gymnastics. Over the years, this event has grown to become a meeting point where gymnasts from different countries come together, exchange experiences, and showcase their hard work and passion. This year, we are proud to welcome international participants, making the competition even more exciting and meaningful.

I would like to extend my deepest appreciation to our coaches, whose guidance and dedication shape the athletes into the best versions of themselves. To our judges, thank you for upholding the highest standards of fairness, professionalism, and integrity, which are the cornerstones of every great competition. And to our gymnasts, you are the heart of this event – your courage, discipline, and artistry inspire us all.

The purpose of this competition goes beyond winning medals. It is about creating opportunities for athletes to gain valuable experience, to measure their progress, to build friendships across borders, and most importantly, to grow in confidence and character. I truly hope that everyone here will not only compete, but also enjoy the journey. May this event be filled with unforgettable performances, great sportsmanship, and wonderful memories.

Once again, thank you all for your support and participation. Together, let us make the 9th Total Gym International Gymnastics Tournament 2025 a remarkable success. I wish all gymnasts the very best in their performances, and may this tournament be a celebration of gymnastics at its finest.

Thank you.

Sam Thong Chee Wai

Organising **Committee**

Organising Chairman & Director of Total Gym	Mr Mike Ng Sik Hoi
Competition Director of RG / AD / GD	Mdm Choo Kim Lian Coach Wendy Coach Stefan
Competition Director of AG	Mr Sam Thong Chee Wai
Secretary	Mr Lee Weng Yau
Treasurer / Accounts	Ms Hong Sook Chin
Internal Logistics & Transport	En Mohd Nurul Zaiman Mr Ng Weng Fook
Floor Manager	En Zuraini Bin Jalil Coach Otero
Food & Beverage	Mdm Mary Ng Mrs Ng
Gala Dinner	Mr Mike Ng Sik Hoi
Branding, E Handbook & Design Services	Heretix360 Sdn. Bhd.
Registration	Ms Hong Coach Amalia
Scoring / Results	Sam Thong - AG Mdm Choo - RG / AD / GD
Announcers	Mdm Melissa Coach Natasha Mr Ng Weng Fook Mr Richard Ng
Prize Giving	AG Coach Beverly RG Pn Intan
Goody Bags	Mdm Courtney

Honourable Judges

Aerobic Dance (AD)

- M.A. Thushara Indika
- Chin Kim Heong
- Mdm Choo
- Stefan Brecard

Artistic Gymnastics (AG) WAG

- Soo Seck Foong (Technical Delegate)
- Melanie Low Bee Leng
- Vasantha Devi
- Tan Ing Yueh
- Leng Pei Yoke
- Erniza Idayu Ahd Shapingi
- Lin Si Ling
- Emi Chew Yee Mun
- Beverly Low Bee Ting
- Nor Liyana Kamarudin
- Doreen Teoh Cheng Tze
- Zarini Zanal Abidin
- Gerianne Tan Sze Ying

Artistic Gymnastics (AG) MAG

- Mohd Irwan Bin Miskob
- Mohd Hanif Bin Tadkiran
- Muthu Kumaran A/L Ramadas
- Mohd Azzam Bin Azmi
- Chin Kim Heong
- Zaiman
- Azlan
- Mohd Hairi Bin Yusof
- Mohd Rizol Fitri Bin Said
- Samsolkhamari Bin Zulkifli
- Syed Nazri Bin Syed Jaafar
- Amir Bin Siman
- Mohd Yunus Bin Shahar
- Mohd Zolkafli Bin Mohd Ali
- Nik Rahmat Bin Nik Mood
- Chia Mea Yi
- Hafizulizwan Bin Ngahtemin
- Liew Tong Ee (Technical Delegate)
- Mohd Hanif Bin Tadkiran

Rhythmic Gymnastics (RG)

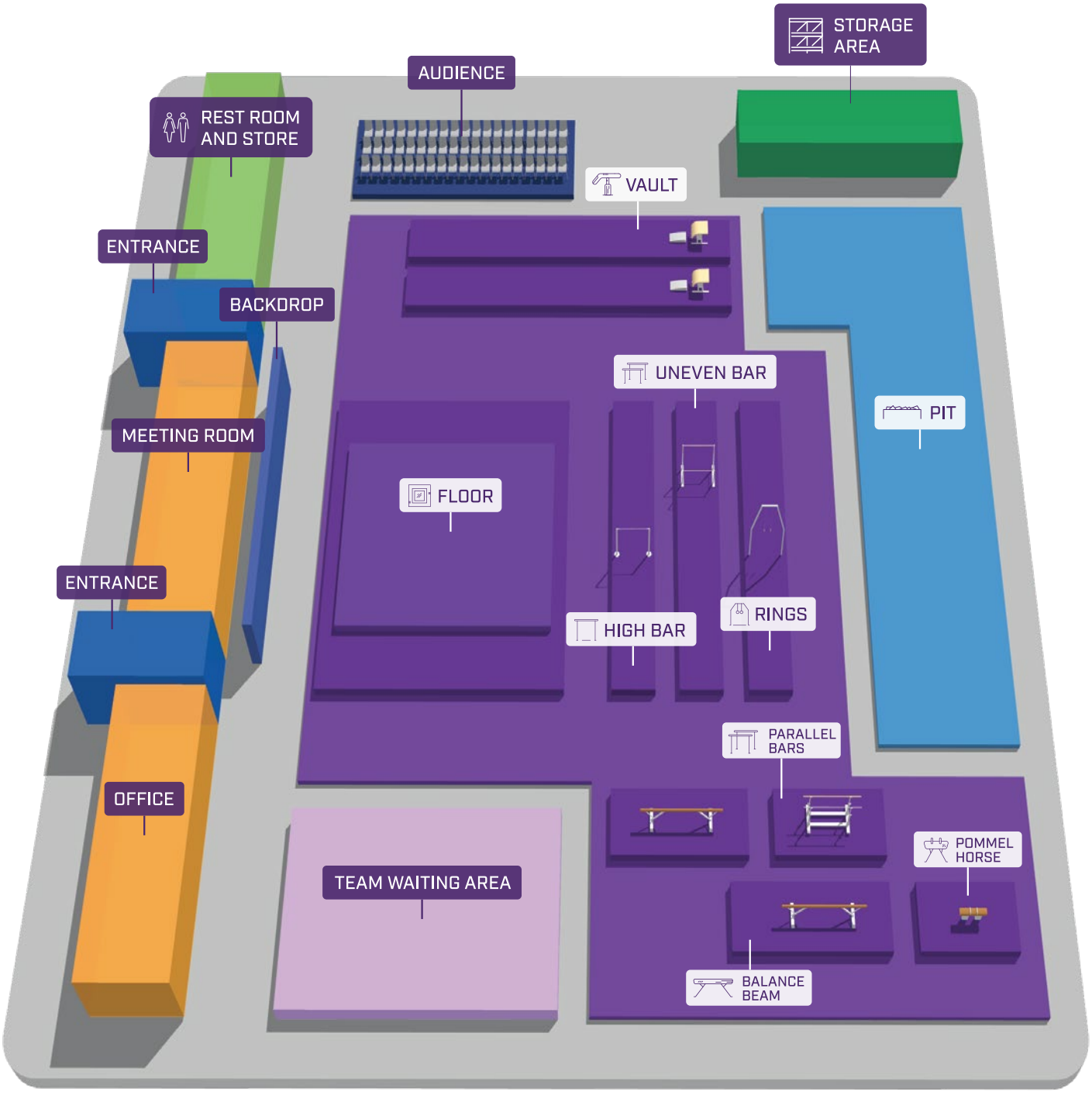
- Siew Ting
- Courtney

Gym Dance (GD)

- Tilanka Virajini
- Mdm Choo
- Mike Ng
- Courtney
- Yi Jun
- Tienya
- Engut
- Celine
- Toni

Venue **Layout**

SK Batu 9 Jln Bomba, Tg Karang



LEGEND

COMPETITION AREA PIT AREA AUDIENCE AREA

Event **Format**

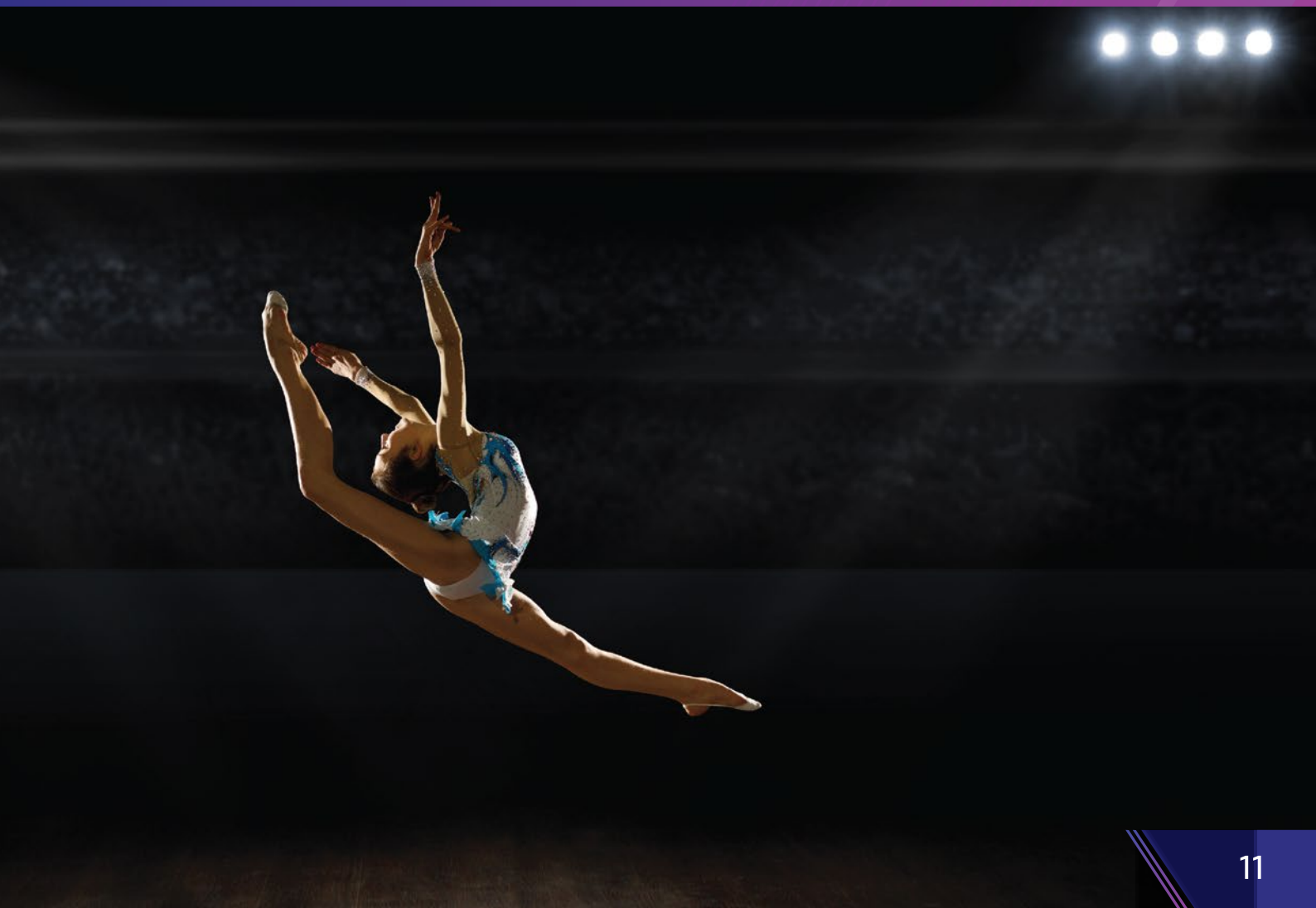
Rhythmic Gymnastics (RG) Classification Program

Category	Grade	Event
Malaysia Classification Program	Little Gym	Free hand / Ball / Rope
	Grade 1	Free hand / Ball / Rope / Hoop / Clubs
	Grade 2	Free hand / Ball / Rope / Hoop / Clubs
	Grade 3	Free hand / Ball / Rope / Hoop / Clubs

Event **Format**

Aerobic Dance (AD)

Category	Event
Under 13 open (2012 and later)	**Option A**: 8 gymnasts **Option B**: 4 to 7 gymnasts
Above 13 open	**Option A**: 8 gymnasts **Option B**: 4 to 7 gymnasts



Event **Format**

Gym Dance (GD)

Category	Event
Under 13	2012 and later
Under 15	2010 and later
Open	Mixed age group

Rhythmic Gymnastics (RG), Aerobic Dance (AD) & Gym Dance (GD) **General Itinerary**

12th September (Friday)

Arrival of Delegates

6:00pm to 8:00pm
Late Evening Training for Rhythmic Gymnastics

13th September (Saturday)

8:30am - 2:30pm
Rhythmic Gymnastics / Aerobic Dance / Gym Dance Training

10:00am - 11:00am
Rhythmic Gymnastics Judges Meeting

3:00pm - 8:00pm
Rhythmic Gymnastics Tournament

RG Award Ceremony

14th September (Sunday)

9:00am - 10:40am
Aerobic Dance Training

10:00am - 10:30am
AD Judges Meeting

10:40am - 12:40pm
Gym Dance Training

2:00pm - 2:30pm
Aerobic Dance Tournament

2:50pm - 4:50pm
Gym Dance Tournament

5:20pm
Award Ceremony

Artistics Gymnastics (AG)
General Itinerary

Podium Training

12th September (Friday)

12:15pm
Arrival of Gymnasts (MAG)

12:30pm - 1:00pm
General Warm Up & Stretch

1:00pm - 3:30pm
MAG Open Podium Training (Pre Junior, Junior & Senior)

2:45pm
Arrival of Gymnasts (WAG Junior & Senior)

3:00pm - 3:30pm
General Warm Up & Stretch

3:30pm - 6:00pm
WAG Junior & Senior Open Podium Training

Artistics Gymnastics (AG)
General Itinerary

13th September (Saturday)

6:45am
Arrival of Gymnasts (WAG Junior & MAG)

7:00am - 7:30am
General Warm Up & Stretch

7:30am - 9:00am
WAG Junior & MAG Apparatus Warm Up

9:00am - 11:00am
WAG Junior Competition

9:00am - 12:00pm
MAG Competition

1:00pm
Prize Giving WAG Junior & MAG

10:15am - 10:30am
Arrival of Gymnasts (WAG Senior)

10:30am - 11:00am
General Warm Up

11:00am - 12:30pm
Senior WAG Apparatus Warm Up

12:30pm - 2:30pm
Senior WAG Competition

3:30pm
Prize Giving WAG Senior

5:30pm - 8:30pm
WAG Pre Junior Open Podium Training

8:30pm - 10:00pm
AG/GD Open Podium Training

Artistics Gymnastics (AG)
General Itinerary

WAG Pre-Junior Competition

14th September (Sunday)

6:45am
Arrival of Gymnasts (Sub division 1 : C ,D, E, F, G)

7:00am - 7:30am
General Warm Up

7:30am - 9:00am
WAG Pre-Junior Sub Division 1 Apparatus Warm Up (Group Team C, D, E, F, G)

9:00am - 11:00am
WAG Pre-Junior Sub Division 1 Competition

10:15am
Arrival of Gymnasts (Sub Division 2 : A,B,H,I,J,K)

10:30am - 11:00am
General Warm Up

11:00am - 12:30pm
WAG Pre-Junior Sub Division 2 Warm Up (Group Team A, B, H, I, J, K)

12:30pm - 2:30pm
WAG Pre-Junior Sub Division 2 Competition

3:30pm
Prize Giving

Rhythmic Gymnastics (RG)
General Training Schedule

12th September 2025 (Friday)

Time	Team	Carpet
6:00pm - 7:00pm	RBDA	Training Carpet
7:00pm - 8:00pm	RBDA	Competition Carpet
7:00pm - 8:00pm	Total Gym	Training Carpet
8:00pm - 9:00pm	Total Gym	Competition Carpet

13th September 2025 (Saturday)

Time	Team	Carpet
8:30am - 10:00am	RBDA	X
10:00am - 11:30am	Total Gym	X

Rhythmic Gymnastics (RG)
General Training Schedule

13th September 2025 (Saturday)

No.	Name	Club	Apparatus
1	Atina Khaleis	TG	Clubs
2	Shannen Loh Si Ting	TG	Hoop
3	Lee Enya	RBDA	FH
4	Wence Lee Yen Zen	RBDA	FH
5	Lee Vency	RBDA	FH
6	Lim Zhi Xuan	RBDA	FH
7	Onn Mercy	RBDA	FH
8	Toh Yuan Xuan	RBDA	FH
9	Khoo Yi Xin	RBDA	FH
10	Cayeus Cheong Hinvon	RBDA	FH
11	Hor Yong Xuan	RBDA	FH
12	Lai Zi Xuan	RBDA	FH
13	Toh Yuan Xuan	RBDA	Rope
14	Adelyn Choong Zi Yu	RBDA	Rope
15	Lee Enya	RBDA	Rope
16	Cayeus Cheong Hinvon	RBDA	Rope
17	Lee Vency	RBDA	Rope
18	Onn Mercy	RBDA	Rope
19	Wence Lee Yen Zen	RBDA	Rope
20	Hor Yong Xuan	RBDA	Rope
21	Lai Zi Xuan	RBDA	Ball
22	Lee Vency	RBDA	Ball
23	Hor Yong Xuan	RBDA	Ball
24	Wence Lee Yen Zen	RBDA	Ball
25	Lee Enya	RBDA	Ball
26	Cayeus Cheong Hinvon	RBDA	Ball
27	Adelyn Choong Zi Yu	RBDA	Ball
28	Onn Mercy	RBDA	Ball
29	Khoo Yi Xin	RBDA	Ball
30	Catherine Tan Jia Yi	TG	FH
31	Karen Sorimachi	TG	FH

Rhythmic Gymnastics (RG)
General Training Schedule

13th September 2025 (Saturday)

No.	Name	Club	Apparatus
32	Adrea Teo Yee Ning	TG	FH
33	Lim Zhi Xin	RBDA	FH
34	Yap Xin Ling	TG	FH
35	Liew Shin Yee	TG	Clubs
36	Charlotte Chin	TG	Clubs
37	Lim Zhi Xin	RBDA	Ball
38	Karen Sorimachi	TG	Ball
39	Catherine Tan Jia Yi	TG	Ball
40	Shannen Loh Si Ting	TG	Ball
41	Atina Khaleis	TG	Hoop
42	Adrea Teo Yee Ning	TG	Rope
43	Yap Xin Ling	TG	Rope
44	Catherine Tan Jia Yi	TG	Rope
45	Lim Zhi Xin	RBDA	Hoop
46	Charlotte Chin	TG	Hoop
47	Liew Shin Yee	TG	Hoop
48	Chong Hao Yee	TG	Hoop
49	Joely Koo Choo Xuan	RBDA	Hoop
50	Seh Ze Qii	TG	Rope
51	Lim Zhi Min	TG	Rope
52	Lee Hannah	RBDA	FH
53	Chan Zi Yan	RBDA	FH
54	Joel Koo Choo Xuan	RBDA	FH
55	Loo Xiao An	RBDA	FH
56	Rosamund Hogg	RBDA	FH
57	Chong Hao Yee	TG	Clubs
58	Seh Ze Qii	TG	Clubs
59	Lee Xin Ru	TG	FH
60	Debbie Chin	TG	Rope
61	Kaylee Yeah Shyuan Li	RBDA	Rope
62	Woo Min Min	TG	Rope

Rhythmic Gymnastics (RG)
General Training Schedule

13th September 2025 (Saturday)

No.	Name	Club	Apparatus
63	Lynette Khoo	TG	Rope
64	Chong Xin Yi	TG	Rope
65	Olivia Chin	TG	Clubs
66	Kaylee Yeah Shyuan Li	RBDA	Clubs
67	Lee Xin Ru	TG	Clubs
68	Woo Min Min	TG	Hoop
69	Lynette Khoo	TG	Hoop
70	Debbie Chin	TG	Hoop
71	Olivia Chin	TG	Ball
72	Kaylee Yeah Shyuan Li	RBDA	Ball

NOTE: Only 5 gymnasts are allowed to be in the competition hall each time according to the list stated above. A runner will come and get the next 5 gymnasts once the gymnast in red go to the competition carpet. Coaches, please gather your girls for the runner. Thank you.

Aerobic Dance (AD) & Gym Dance (GD)
General Training Schedule

13th September 2025 (Saturday)

Discipline	Time	Team	Carpet
GD / AD	11:30am - 11:51am	Talent Gymnastic	X
GD / AD	11:51am - 12:12pm	Happy Mat	X
GD / AD	12:12pm - 12:26pm	St John's Girls	X
GD / AD	12:26pm - 12:40pm	Polonnaruwa	X
GD / AD	12:40pm - 12:54pm	Defence Gymnastic	X
GD / AD	12:54pm - 1:01pm	Kinetic Dance	X
GD / AD	1:01pm - 1:08pm	Happy Dollie	X
GD / AD	1:08pm - 2:11pm	Total Gym	X

Aerobic Dance (AD)
Start list

14th September 2025 (Sunday)

CATEGORY - U13

No.	Competition Hall Carpet	Competition	Option	Team	Club
1	1:55pm	2:00pm	A	Storm Force	St John's Girls Gymnastics
2	2:00pm	2:05pm	A	Diamond Nova	Kinetic Dance Academy
3	2:05pm	2:10pm	B	TG Butterflyz	Total Gym Club

CATEGORY - OPEN

No.	Competition Hall Carpet	Competition	Option	Team	Club
1	2:10pm	2:15pm	A	Talent Gymnastics	Talent Gymnastics Club
2	2:15pm	2:20pm	A	Victories	Convent of Our Lady of Victories
3	2:20pm	2:25pm	B	TG Fireflyz	Total Gym Club

Note: Please follow the details timing according the time given.

Gym Dance (GD)
Specific Competition Schedule

14th September 2025 (Sunday)

CATEGORY - U12

No.	Competition Hall Carpet	Competition	Team	Club
1	2:45pm	2:50pm	Polonnaruwa	Polonnaruwa
2	2:55pm	3:00pm	WAKA	Total Gym
3	3:00pm	3:05pm	Team A	Talent Gymnastics
4	3:05pm	3:10pm	Pink Girls	Total Gym
5	3:10pm	3:15pm	Dream Team	Sri Lanka
6	3:15pm	3:20pm	TG Kawaii	Total Gym
7	3:20pm	3:25pm	Elegant Elite	Happy Mat
8	3:25pm	3:30pm	The Robbery	Total Gym
9	3:30pm	3:35pm	The Little Mermaid	Sri Lanka
10	3:35pm	3:40pm	Talent Kids	Talent Gymnastics
11	3:40pm	3:45pm	Bloom	Total Gym
12	3:45pm	3:50pm	Happy Dollie	Sri Lanka
13	3:50pm	3:55pm	Magic Dreams	Total Gym
14	3:55pm	4:00pm	Rising Star	Happy Mat
15	4:00pm	4:05pm	Ice Force	St John's Girls Gymnastics
16	BREAK	BREAK	BREAK	

Note: Please follow the details timing according the time given.

Gym Dance (GD)
Specific Competition Schedule

14th September 2025 (Sunday)

CATEGORY - U15

No.	Competition Hall Carpet	Competition	Team	Club
1	4:10pm	4:15pm	Victories	Convent of Our Lady of Victories
2	4:15pm	4:20pm	Fire Force	St John's Girls Gymnastic
3	4:20pm	4:25pm	Tumbles Tunes	Sri Lanka

CATEGORY - OPEN

No.	Competition Hall Carpet	Competition	Team	Club
1	4:25pm	4:30pm	Defence Gymnastics	Defence Gymnastics club
2	4:30pm	4:35pm	Rhythm Rush	Kalutara District Gymnasts Association
3	4:35pm	4:40pm	Polonnaruwa A	Polonnaruwa club
4	4:40pm	4:45pm	TG Angelz	Total Gym

Note: Please follow the details timing according the time given.

Artistic Gymnastics (AG)
Competition Schedule & Rotation

12th September 2025 (Friday)

1:00pm - 3:30pm	MAG Open Training
3:30pm - 6:00pm	WAG Junior & Senior Open Training

13th September 2025 (Saturday)
WAG Junior, Senior & MAG all categories

7:30am - 9:00am	Junior WAG & MAG Warm Up

Junior WAG	Rotation			
Time	**VT**	**UB**	**BB**	**FX**
9:00am - 9:30am	A, B	C	F1, E	F2, D
9:30am - 10:00am	F2, D	A, B	C	F1, E
10:00am - 10:30am	F1, E	F2, D	A, B	C
10:30am - 11:00am	C	F1, E	F2, D	A, B

11:00am - 12:30pm	Senior WAG Warm Up

Junior WAG	Rotation			
Time	**VT**	**UB**	**BB**	**FX**
12:30pm - 1:00pm	B, F1	C, F3	D, F2	A, E
1:00pm - 1:30pm	A, E	B, F1	C, F3	D, F2
1:30pm - 2:00pm	D, F2	A, E	B, F1	C, F3
2:00pm - 2:30pm	C, F3	D, F2	A, E	B, F1

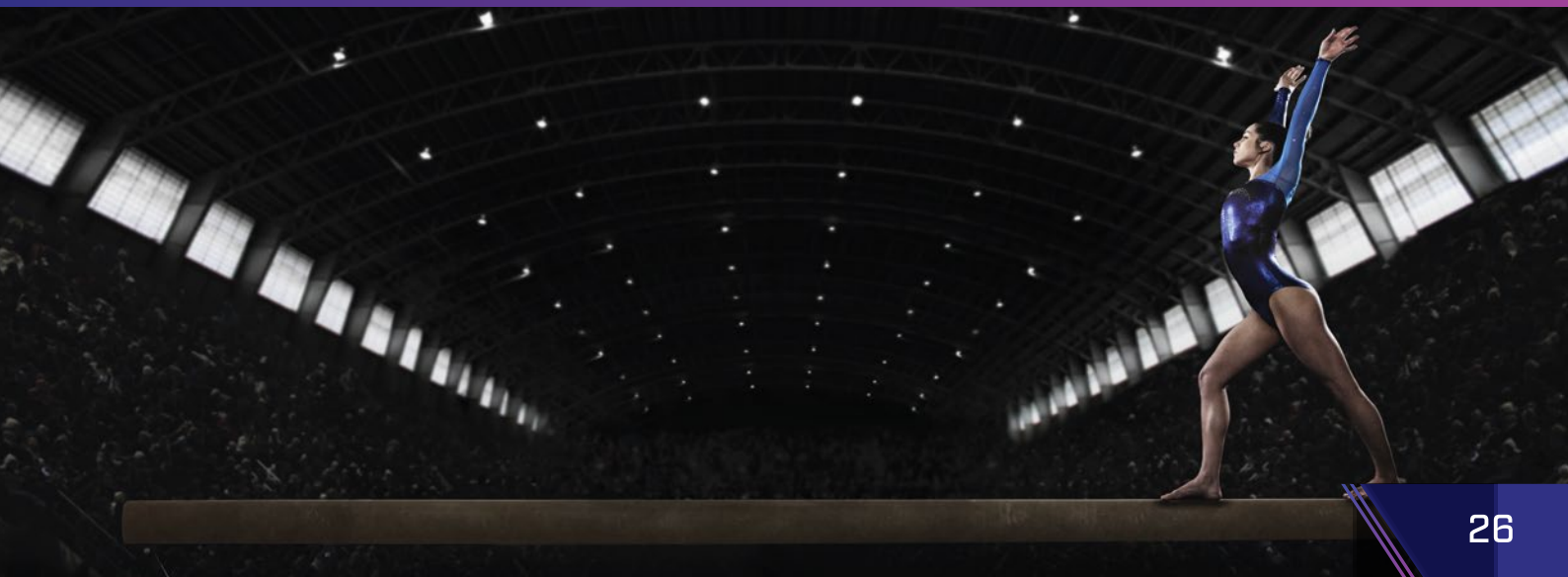
Artistic Gymnastics (AG)
Competition Schedule & Rotation

MAG	Rotation					
Time	**FX**	**PH**	**SR**	**VT**	**PB**	**HB**
9:00am - 9:30am	A, C	B	D1, F	D2, E	G2, H	G1, I
9:30am - 10:00am	G1, I	A, C	B	D1, F	D2, E	G2, H
10:00am - 10:30am	G2, H	G1, I	A, C	B	D1, F	D2, E
10:30am - 11:00am	D2, E	G2, H	G1, I	A, C	B	D1, F
11:00am - 11:30am	D1, F	D2, E	G2, H	G1, I	A, C	B
11:30am - 12:00pm	B	D1, F	D2, E	G2, H	G1, I	A, C

Prize Giving

1:00pm	MAG & Junior WAG
	Senior WAG

5:30pm - 8:30pm	WAG Pre Junior Open Training (*floor only open for training around 7:30pm*)



Artistic Gymnastics (AG)
Competition Schedule Rotation

14th September 2025 (Sunday)

WAG Pre-Junior

7:30am - 9:00am Pre Junior WAG Sub Division 1 (Group Team B, C, D, E, I)

Pre-Junior WAG Sub Division 1 Rotation

Time	VT	UB	BB	FX
9:00am - 9:30am	C	I2, D	E	I1,B
9:30am - 10:00am	I1,B	C	I2,D	E
10:00am - 10:30am	E	I1,B	C	I2,D
10:30am - 11:00am	I2,D	E	I1,B	C

11:00am - 12:30pm Pre Junior WAG Sub Division 2 (Group Team A, F, G, H, J, K)

Pre-Junior WAG Sub Division 2 Rotation

Time	VT	UB	BB	FX
12:30pm - 1:00pm	A2, K	A1,J	H	F, G
1:00pm - 1:30pm	F, G	A2, K	A1, J	H
1:30pm - 2:00pm	H	F, G	A2, K	A1, J
2:00pm - 2:30pm	A1, J	H	F, G	A2, K

Prize Giving

3:30pm WAG Pre Junior

9th TGIGT Gala Night
Dinner Programme

Time	Agenda
7:00pm	Arrival of Guests
7:30pm	Start of Dinner Welcome Speech by Mdm Choo Food is served
8:00pm	Presentation of Souvenirs to Foreign Team Managers
8:15pm	1st Round of Lucky Draws Gymnasts mingle around and make friends
9:00pm	2nd Round of Lucky Draws
10:00pm	Dinner Ends Bon Voyage & Safe journey back to our Foreign Friends

AG MAG
Participant List

MAG Pre Junior

Team A (Mix)

Eddimar D.Dagooc	Hxtc Gymnastic Club (Phi)
W. M. Dulen Damyuth	Polonnaruwa Gymnastics (Sri Lanka)

Team B

Ayden Iskandar Bin Abdullah	TJSGA
Ethan Paul Jeganathan	TJSGA
Khoo Wayne	TJSGA
Lim Yi Xun (Oscar)	TJSGA
Muhammad Izzul Haziq Bin Hasnizaam	TJSGA
Masato Mizuguchi	TJSGA

Team C

Senan Thewnula Karunanayaka	Galle Gymnastics (Sri Lanka)
H.V Nethuka Pahasara	Galle Gymnastics (Sri Lanka)
T.D. Tashen Sandas Saptaranga	Galle Gymnastics (Sri Lanka)
H.K Thenuja Nethulka	Galle Gymnastics (Sri Lanka)

MAG Junior

Team D (Mix)

D1	Jiahn Rych R. Madridano	La Aguila Gymnastica PHI.
D1	Young Kelvin Ayabeke	Fanael Gymnastics Club (Nigeria)
D1	Ruhan Ranyuru Karunanayaka	Galle Gymnastics (Sri Lanka)
D2	Enrique Ho Chun Tak	TJSGA
D2	Zachariyya Faizal	TJSGA

Team E

Woon Ven Zhe	JAGA
Muhammad Ikhwan Bin Salleusha	JAGA
Alif Eqmal Bin Zulhamizal	JAGA
Jonas Ee Chor Hui	JAGA
Fan Qing He	JAGA

AG MAG
Participant List

MAG Pre Junior

Team F

Ben Ekarad Uttraphan	TG
Low Yann Ping	TG
Tang Yu Xue	TG
Lucas Choong Khai Le	TG

MAG Senior

Team G

G1	Chin Xiang Ming	KLGA
G1	Ethan Tey Yu Heng	KLGA
G2	Mervyn Wee Jian Yi	KLGA
G2	Ng Yue Xiang	KLGA
G2	Jay Rabago	La Aguila Gymnastica PHI.

Team H

Brendan Tham Jia Jie	TG
Loh Yan	TG
Martyn Wee Jian Sheng	TG
Callum Tan	TG
Adam Wong Han Wen	TG

Team I

Lee Wei Chong	JAGA
Muhammad Danny Bin Jasni	JAGA
Muhammad Airel Fahmi Bin Mohd Faizal	JAGA
Noel Micah Lim Huan Ahn	JAGA
Adam Shan Bin Razali	JAGA
Norhaikal Iskandar	JAGA

AG WAG
Participant List

WAG Junior

Team A (Mix)

Moira Lee Clemen Copas	United Aguila HXTC Gym (Phi)
Haley Xherie T.Cobrado	United Aguila HXTC Gym (Phi)
Tchelzy Mei Maayo	Gymnastics Association of the Philippines

Team B

Qasih Quezsha Zandra Binti Abd Manan	JAGA
Ratnajyouti A/P Kathiresan	JAGA
Izara Raihana Binti Mohammad Azhar	JAGA
Dhia Khaira Binti Arif	JAGA

Team C

Aisyah Jasmine Binti Khairul Faizal	TJSGA
Hanabi Mizuguchi	TJSGA
Layla Jasmine Johann	TJSGA
Natalie Chong Hiew Lam	TJSGA
Nur Maya Aryana Binti Syahrulnizam	TJSGA
Sharifah Sonia Al-Abbas Binti Romel Rauf Al-Abbas	TJSGA

Team D

Ivy Lim Jie Yee	PGAM
Jenise Liow Yi Qing	PGAM
Nayli Jazlin Amani Binti Noor Azizan	PGAM
Emily Gan Yoke Xin	PGAM

Team E

Faith Elise Wee	TG
Cara Chong Qiao Yi	TG
Queenie Lau	TG
Victoria Choong Jia Xin	TG
Tang Yu Yue	TG

Team F

F1	Phyliss Goh Huey Vern	TG
F1	Anya Isabel Nathan	TG
F2	Karmen Wong Yue Ching	TG
F2	Chok Zhi Chiann	TG

AG WAG
Participant List

WAG Senior

Team A (Mix)

Denise Liow Yi Thong	PGAM
Noryn Jasmin Addreyanni Binti	PGAM
Noor Azizan	PGAM
Nur Qaisara Allissa Mohd Radzif	PGAM

Team B

Tia Gabrielle Lim Ming En	JAGA
Erykah Maesya Bt Ahmad Syamly	JAGA
Lee Jing Xuan	JAGA
Tham You Ning	JAGA
Qasih Querra Zandria Binti Abd Manan	JAGA

Team C

Tan Zhi Xin	STGYM
Chong Yee Shuen	STGYM
Michelle Lee Qian Hui	STGYM
Yong Yu Jie	STGYM
Kong Yong Qing	STGYM
Leong Shao Ran	STGYM

Team D

Nur Tashalina Nadzreena Binti Mohd Shaharuddin	KLGA
Choy Jia Jia	KLGA
Chai Zi Yen	KLGA
Anabelle Ho Sym Vee	KLGA
Isabel Lea Ang Su Yin	KLGA
Sumayyah Binti Najib	KLGA

Team E

Atiqah Binti Rudy	EG
Haifa Izzazi Binti Mohd Faizul	EG
Airisha Binti Zuraidi	EG
Nurqisya Qairina Binti Mohd Amril	EG

AG WAG
Participant List

WAG Senior

Team F

F1	Chooi Yan Xin, Nikki	TG
F1	Lim Ying Ern	TG
F2	Teng Kai Shin	TG
F2	Choy Yuan Yuan	TG
F3	Chin Zi Yi	TG
F3	Wong Zi Qi	TG

WAG Pre Junior

Team A (Mix)

A1	Chloe Avery Fraile Mukahanana	Flykidz
A1	Dayang Ayra Zara Binti Awang Shahrizan	PGAM
A2	Chalsea Belle Louise Tuazon	United Aguila HXTC Gym (Phi)
A2	Kiesza Sabrina Candelasa	United Aguila HXTC Gym (Phi)
A2	Haleya Rexy T.Cobrado	United Aguila HXTC Gym (Phi)
A2	Eyeteen Joyce Santos	Japan Cultural Grassroots Project (Phi)

Team B

Myra Neha Gunaseelan	Gym Fun
Naysa Kee Jae Xyn	Gym Fun
Clarabelle Ee Kar Shuen	Gym Fun
Ellysha Laura Binti Mohamad Fadzli	Gym Fun
Cahya Arianna	Gym Fun

Team C

Ng Yu Chen	STGYM
Lim En Yu	STGYM
Chan Quen June	STGYM
Lee Vann Xuan	STGYM
Chan Quen Ee	STGYM
Khoo Yee Qi	STGYM

AG WAG
Participant List

WAG Pre Junior

Team D

Iman Naila Binti Mohamad Suffian	TJSGA
Alisa Kraenert	TJSGA
Lim Ho Qing	TJSGA
Macy Law En Zing	TJSGA
Elysia Arielle Raj	TJSGA
Isabelle Sim Qi	TJSGA

Team E

Nureen Zahra Binti Muhammad Farouk	GymnExcel
Avelyn Eden Ho Qing Wey	GymnExcel
Ellie Lim Xin Li	GymnExcel
Faith Leia Aloysius	GymnExcel
Khaira Zahra Shahrim Khairil Shahrim	GymnExcel
Lana Ammara Binti Muhammad Faisal	GymnExcel

Team F

Anggun Melisha Binti Muhammad Hazmil	EG
Sofea Binti Yusof Sunil	EG
Keysha Amanda Binti Mohd Azlan	EG
Sara Adelea Binti Shahrizan	EG

Team G

Adelia Nur Sofea Binti Ahmad Nadzri	EG
Ilana Faiha Nur Binti Faizol Radzi	EG
Azaleia Zehra Binti Noor Azwa	EG
Nadhrah Nur Damia Binti Faisal Shadli	EG

Team H

Stella Lim Xin Nee	PGAM
Eugina Lee Zhi Xuan	PGAM
Boon Tze Xuan	PGAM
Carol Goh Bao Le	PGAM
Nadine Julia Amanda Binti Noor Azizan	PGAM
Estrela Mia Binti Ismail Effendy	PGAM

AG WAG
Participant List

WAG Pre Junior

Team I (Mix)

I1	W.M.a Hirudi Eranya Wickramarathne	Happy Mat (Sri Lanka)
I1	I.P.Rithini Eranma Weerasinghe	Happy Mat (Sri Lanka)
I1	R.W.M.P.W Sanshi Oneliya Goonathilake	Happy Mat (Sri Lanka)
I2	K.J.P. Edsha Vihely	Galle Gymnastics (Sri Lanka)
I2	D.G. Risindi Anujana	Galle Gymnastics (Sri Lanka)

Team J

Chan Kay En	TG
Hikari Yamaguchi	TG
Tan Su Ee	TG
See Hsiao Le	TG
Elicia Choi Hyun Xuen	TG

Team K

Janice Tee Xin Ying	SKL
Joanne Tee Xin Yen	SKL
Ada Ling Ji Ying	SKL
Isabel Tan Qian Yi	SKL

Aerobic Dance (AD) **Gallery**

FireFlyz TG
Malaysia

Convent of Our Lady of Victories - Moratuwa
Sri Lanka

Aerobic Dance (AD) **Gallery**

Talent Gymnastics Club
Sri Lanka

St John's Girls Gymnastics Gym Dance & Aero Dance
Sri Lanka

Gym Dance (GD) **Gallery**

Disconnection TG
Malaysia

Talent Gymnastics Club
Sri Lanka

Talent Gymnastics Club Gym Dance Team A U12
Sri Lanka

Gym Dance (GD) **Gallery**

Happy Mat Gym Dance Team A U12
Sri Lanka

Happy Mat Gym Dance Team U15
Sri Lanka

Happy Mat Team
Sri Lanka

Artistic Gymnastics (AG) **Gallery**

Defense Gymnastics Club
Sri Lanka

Galle Gymnastics Academy
Sri Lanka

Rhythm Rush
Sri Lanka

Artistic Gymnastics (AG) **Gallery**

Team Little Mermaid
Sri Lanka

Team Tumble Tunes
Sri Lanka

La Aguila Gymnastica 2
Philippines

Artistic Gymnastics (AG) **Gallery**

TG AG WAG Pre-Junior
Malaysia

TG WAG Junior
Malaysia

TG WAG Senior
Malaysia

Artistic Gymnastics (AG) **Gallery**

TG MAG Junior
Malaysia

TG MAG Senior
Malaysia

Artistic Gymnastics (AG) **Gallery**

TJSGA
Malaysia

TJSGA MAG Pre-Junior
Malaysia

TJSGA
Malaysia

Acknowledgements

Our heartfelt appreciation to the following companies, including those who chose to remain anonymous, for their generous contributions to our event.

Acknowledgements

We take this opportunity to express much gratitude and thankfulness to the following for their unfailing support for our event. Your kind gesture has contributed towards its success and we look forward to be working with you again in our future events.

Main Sponsor

Sri KL International School
(Othman Merican Development Bhd)

Supported By

Menteri Belia dan Sukan Malaysia

Sanctioned By

Persatuan Gimnastik Wilayah Persekutuan Kuala Lumpur
Malaysian Gymnastics Federation

Sponsors

Competition Equipment	Gim Sekolah Kebangsaan Batu 9 Gym Fun
Competition Venue	Gim Sekolah Kebangsaan Batu 9
Branding & Design Services	Heretix360 Sdn. Bhd.
Sponsors & Goody Bag Items	Heretix360 Sdn. Bhd. Hearterra Mdm Bernise Mr Tan Hon Yik Mr Chin Wah Yin Mdm Wong Yean Fung Flozen Floral Artistry MMEW Pet Sdn. Bhd. Mamee Help University KT Tape Lucky Eight Resources Prodance Malaysia PLT Moccona Super

All foreign and local teams participating in our 9th TGIGT 2025
All committee members of the 9th TGIGT 2025

PERFECTION LOOKS EFFORTLESS. IT ISN'T.

HERETIX360
Design • Experience

Behind every flawless landing are thousands of unseen hours.
Behind every campaign we execute? It's the same.

At Heretix360, we put in the grind, so your brand shows up
polished, seamless and unforgettable.

CAMPAIGN MANAGEMENT | DIGITAL | EVENT MANAGEMENT

MULTIMEDIA DESIGN | BRAND COMMUNICATION

+6018 290 8012 info@heretix360.com www.heretix360.com

HEARTERRA

hearterra.my

+6011-3533 9118

Pure essential oil blend (roll-on) – crafted to support everyday wellness, and create a natural, healthy lifestyle for everyone.

Breathe Bliss
- supports clear breathing

Peacemint
- boost energy and mental focus

Tum-ease
- helps relieve bloating, and gas

Flex-cool
- soothing sore muscles or cramps

Germnix
- antibacterial, anti-fungal

Airy-Hug
- open airways and clear breathing

Dreamy-Hug
- supports restful sleep

Belly-Hug
- calms stomach discomfort

Brainy-Hug
- promotes mental focus and clarity

Healzy-Hug
- soothes minor cut and bug bites

Daily Essential Set
5x10ml per set

Kids Essential Set
5x10ml per set

Purchase through Whatsapp and mention promo code: **hearterra15** to enjoy 15% discount

六霸资源

LIVE

六霸资源

LUCKY EIGHT RESOURCES

银行户口：562124-460712 MBB

运费：雪隆区 RM20/外坡 RM30

买满 RM350 包邮

活动：_____ 日期： /

客服联络号码

018-464 6868 / 018-474 6868

Total Gym Office
1-5B, Jalan PJU 1/3D, SunwayMas Commercial Centre, 47301
Petaling Jaya, Selangor

Total Gym Main Centre
Sri KL International School Gym,
Jalan SS 15/7A, SS15, 47500 Subang Jaya, Selangor

Total Gym Centre
A-G-05, Jalan PJU 1/39, Dataran Prima,
47301 Petaling Jaya, Selangor
(weekend only)

RG/AGG Training Centre
Persada Plus Badminton Hall, Persada PLUS Persimpangan Bertingkat Subang KM15,
New Klang Valley Expy, 47301 Petaling Jaya, Selangor

Coach Mike	**+60 12-289 0105**
Coach Kim	**+60 12-372 5212**
Coach Sam (AG)	**+60 10-778 7867**
Coach Yau (AG)	**+60 10-225 8718**
Coach Wendy (RG/GD)	**+60 12-529 8521**
Coach Stefan (AD)	**+60 12-632 7882**

totalgymalaysia@gmail.com

http://www.totalgymalaysia.com